BEATING THE COVID-19 BLUES

The town of Liberty in Waldo County is an “age-friendly” designated community, in addition to the County of Waldo. This piece, slightly edited, was contributed by the Liberty Aging-Well group.

By Suzanne Pelletier and Toni Clark

1. Be kind to yourself
   a. Exercise in some way, to stay healthy
   b. Walk daily, on sunny days to get vitamin D outside in winter, or cross-country ski, snowshoe, etc.
   c. Meditate
   d. Nap
   e. Give yourself a manicure or pedicure
   f. Listen to music
   g. Pray for ourselves, others, and our world.

2. Try something new
   a. Craft: quilt, cross-stitch, weave, woodworking, clay, etc.
   b. Hobby: scrapbooking, collecting, photography
   c. Make a recipe you have always wanted to try
   d. Read: An author or genre you do not usually read
   e. Use your brain: puzzles, crosswords, sudoku, other online games
   f. Draw/paint: Make your own cards, bookmarks, or spruce up that old bathroom with a coat of fresh paint.

3. Do something for family members, friends, neighbors, or even a stranger.
   a. Call, email, text, or write a letter
   b. Bring a treat, meal, flowers, or a card to someone
   c. Help someone write cards or letters who is unable to
   d. Volunteer at a food pantry, or donate to one

4. Think and act to help our living world
   a. Feed birds, make your own suet
   b. Adopt an older animal
   c. Grow something: Flowers, herbs, seedlings in Spring

5. Weed out that closet, garage, cellar
   a. Do I need it? Will I really use it? How long since I used it last? Toss? Sell? Donate? Save?
   b. Recipes: Ask yourself those same questions above.
   c. Photos: Make albums, organize all your pictures, frame some pictures, give family photos as gifts to family members.

6. Follow all mandates to stay safe: Physical distancing, mask wearing, hand washing.